

CREATING DEMENTIA-FRIENDLY HOLIDAYS AND CELEBRATIONS

Co-presented by Aging Gracefully and the Alzheimer's Association.



The holidays are a time when family and friends often come together. For families living with Alzheimer's and other dementias, the holidays can be challenging but with some planning and adjusted expectations, celebrations can still be happy, memorable occasions.

Learn how to cope with the holidays and stay connected while caring for someone living with dementia.

**Wednesday, December 13
11:00 AM to 12:00 PM**

**Marshall Public Library
113 S. Garfield Ave.
Pocatello, ID 83204**

**Please register at
bit.ly/pocatello1213
or call 208-350-6823**

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with:**



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